

MOTION BY CHAIR HILDA L. SOLIS

March 8, 2016

National Nutrition Month is an annual education and information campaign to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2016 is “Savor the Flavor of Eating Right,” which encourages everyone to eat healthy and enjoy the social enrichment food can add to our lives.

The Los Angeles County Community and Senior Services Area Agency on Aging (AAA) and its Aging Network is making a concerted effort in Los Angeles County to promote healthy eating decisions and reduce hunger among older adults. In Fiscal Year 2014-2015, AAA provided over 2 million nutritious meals for older adults in Los Angeles County. In addition to providing meals, AAA provides nutrition counseling sessions and evidence-based nutrition education and physical activities that encourage older adults to adopt healthy eating activities and physical activity plans.

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MOTION

RIDLEY-THOMAS_____

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SOLIS _____

I, THEREFORE MOVE that the Board declare the month of March 2016 as National Nutrition Month in Los Angeles County and commend the Los Angeles County Community and Senior Services AAA and its efforts to reduce hunger and promote sound eating and physical activity habits among older adults. **I, FURTHER MOVE** that the Board encourage all citizens and interested groups to observe the month with appropriate activities that promote the importance of reducing hunger and making informed food choices.

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